

What is claimed is:

1. A method for preparing a zinc-oligopeptide easily absorbable by the body, comprising the steps of:

5 proteolyzing a suspension of protein in deionized water at a neutral pH range in the presence of a protease to give a mixture of oligopeptides;

 chelating zinc ions with the oligopeptides to give a zinc-oligopeptide solution;

10 concentrating the zinc-oligopeptide solution and drying the concentrate to a powder.

 2. The method as set forth in claim 1, characterized in that 100 weight parts of protein is suspended in 800 weight parts of deionized water and proteolyzed at pH 3.5-
15 6.0 for 10-12 hours in the presence of 2-4 weight parts of protease to give oligopeptides, one weight part of zinc ions is mixed based on 1,000 weight parts of the oligopeptide and allowed to chelate, to yield a zinc-oligopeptide, and the
20 resulting zinc-oligopeptide solution is concentrated to a solid content of 32-36% and dried to produce zinc-oligopeptide powder.

 3. The method as set forth in claim 1, wherein the
25 protein is an animal protein or a vegetable protein.

4. A beverage, comprising the zinc-oligopeptide of claim 1, in combination with at least one ingredient selected from the group consisting of vitamin -C, vitamin-B₁,
5 vitamin-B₂, fructose, α -amylase decomposed starch and magnesium stearate.

5. The beverage as set forth in claim 4, wherein 99.5 % of the zinc-oligopeptide is mixed with 0.01-0.05 % of
10 vitamin-C, 0.01-0.05 % of vitamin-B₁, 0.01-0.05 % of vitamin-B₂, 4.0-5.0 % of α -amylase decomposed starch, and/or 0.01-0.05 % of magnesium stearate, based on the total weight of the beverage except for water.

15 6. A capsule or tablet, prepared by dehydrating the zinc-oligopeptide beverage of claim 4.